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chicken broth for rice water and increased the whiskey to three drachms every two hours during the day, and four drachms every three hours during the night.

Saline enemas, 1 quart, were given, very slowly, when the bowels had not moved in 24 hours. In a week's time little Rachel's temperature was running from 99° to 101°. Once when her bowels needed flushing, her temperature reached 102°, but a saline enema moved the bowels well and brought the temperature down. It was longer before her pulse and respiration were as near normal.

The first few days I felt as though *I* would soon break down. I am constantly fussing about nurses who fail to take a fairly good amount of rest and exercise, for fear usually that "some one won't approve" (and there are many such nurses in our city), for it makes it hard for those of us who do.

But when yours are the only earthly hands to save a life, it is not easy to think of self, so my first few days with little Rachel will not soon be forgotten. But things could have been much worse, for although there was no mother, a nineteen-year-old daughter assisted as best she could. The father was more than anxious to do all in his power for his child, and make it as easy as possible for the nurse. Although they were gotten with difficulty, we had ice, alcohol, carbolic; also the things easily gotten in the country—good buttermilk, fresh eggs, chickens for broth, etc.—were never wanting and "Aunt Maria" was a veritable right arm to me.

I can't resist mentioning "Aunt Loo," the cook, a true old Southern slavery darkey. She was an endless source of amusement, and I venture to say that no one except a "*real* Southerner" could understand a word "Aunt Loo" says.

It was with the feeling that my trip had been worth while that I left Alabama's country hills and returned home to her city of hills.

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## MORAL PROPHYLAXIS

BY GEORGE P. DALE, M.D.

Dayton, Ohio

(Continued from page 26)

IN how many families is the youth of to-day instructed by his father, mother, or teacher in regard to sexual matters? The prevailing idea seems to be that an early and simple instruction along these lines will poison the minds of the young, when in fact the child is not yet impure in mind and will not give an impure interpretation to the facts. Every

child's teacher, whether parent or friend, should be intelligent concerning the vital things of life, so that the many questions which are asked may be truthfully answered and the young life protected from the poisoning falsehoods of street instruction. In families this work of instruction is peculiarly the duty of the parent. A mother and a father as a rule are the only ones who can deal properly with an adolescent child. To do this aright the parent must in a real way never before suggested go back to nature and study her ways and be interested in all her processes. There are plenty of helpful books and pamphlets awaiting the parents' use for their guidance. They must come in closer personal touch with the lives of their children and gain their affections and entire confidence. Both fathers and mothers must be willing to sacrifice other purely selfish interest for their children. If a child inquires regarding a new baby, what harm can result from its learning that it came from its mother's body, in which it had been growing for a long time? There is nothing indecent nor obscene in the fact; there can be nothing objectionable in its plain statement. As puberty approaches, with its vague and disturbing feelings and thoughts, its physical and psychic changes, the father should tell his son, and the mother her daughter, the meaning of the new functions which are developing. That is the fitting time for warnings about the temptations to which both boys and girls are exposed, for instructions concerning practices which are productive of life-long shame, disease and disaster.

Young men should be taught that the continent life is not detrimental to health and to avoid unclean women as they would pestilence or plague. They should be warned against the danger of illicit intercourse. The instructions of older boy companions and of other unfit advisers are to-day a very common cause of sexual immorality. By this means one powerful influence for evil is passed on from generation to generation, viz.: the teaching that sexual indulgence is necessary for a man's health. This is one of the strongest factors in continuing prostitution and the resultant diseases, sacrificing wives and children and entailing the whole long list of domestic and national evils.

Leading physiologists and all physicians who are recognized as authorities teach that continence in the young tends to strength of mind and body and that illicit indulgence is not a safe substitute for marriage; in other words, that there is no "double standard" for the sexes, but that pre-nuptial chastity is essential for both. Medical men should insist on this known fact that sexual continence is not harmful, but that male chastity is as essential to good health and good morals as female chastity. There is no hygienic reason for indulging in solitary vice or consorting with prostitutes, public or clandestine. It is far better to

abstain from sexual vices. A man's reproductive organs, as those of a woman, are given to continue the race. Sons should have explained to them that fathers and mothers of marriageable daughters will be taught that when a previously healthy girl develops cystitis or pelvic inflammation immediately or shortly after marriage, there is usually but one reason for it, and that reason is the presence of venereal disease in the young husband.

The only salvation in the reduction of venereal disease and in raising the standards of morality is the education of the young. Let me insist again that to do this is primarily the parent's duty, when he has found time from the pressing duties of his daily life to keep himself in full sympathy with his children and has made himself the willing participant of their joys and their sorrows, the confidant of their evil as well as of their good deeds. But too many parents are indifferent, too many reserved or prudish for us to hope for much dissemination of knowledge from this source, without stimulus or pressure from without, and this stimulus must come from the medical and the allied professions. Every physician who realizes the benefits of right living and the dangers of vice and venereal disease and who is enough of a man himself to live a pure life, is shirking his duty to mankind if he does not enroll himself as a co-worker with one of the great societies doing work along this line. Physicians should be encouraged to write and disseminate among the public dignified and discreet treatises on various sexual and venereal topics.

Again let me say that home is the greatest moral inhibitor in society. Experience shows that even the worst of home surroundings is better than none. Cleanly and healthful surroundings for the poor tend to increase sex self-respect and with increased self-respect comes a lessening of immoral tendencies. Home-like hotels and boarding houses for worthy self-supporting persons, and especially for women, are some of the crying needs of the city.

In fighting these diseases the first thing to do is to turn on the light. At present we instruct the children in many matters of minor importance and keep from them the knowledge that would save them from their greatest dangers. In conveying this instruction the simple method is the best. Let me outline to you again some of these methods. Children before the age of puberty and before the emotions have become connected with any sexual ideas should acquire from their parents the idea "that all life of plant, of animal, or fish, of bird, comes from a previous life, and that, as a rule, it requires two previous lives before there can be any new life, that one of these lives is a male supplying something,

and the other is a female supplying the rest." Through instructions as to the male and the female blossoms of the trees and flowers and the agency of bees in fructifying orchard blossoms and thus producing seeds and fruits, the child can be led to acquire a natural idea of sex or rather the idea that sex is a perfectly natural and not a mysterious thing. With increasing years the knowledge of the fertilizing of flowers by insects may be succeeded by that of the fertilizing of flowers by each other. Then through the sexual relations of animals to those of human beings the steps are easy, and the child will learn to look upon the propagation of the species as something quite natural, and the sex problem for him will be robbed of that mystic secrecy. Similar information, together with that concerning the function of menstruation, should be imparted by mothers to their daughters, but at a later age, since in them the sexual idea does not, as a rule, very long antedate puberty. Parents wisely alive to their duty most frequently tell the story of mothers and babies to their children when about eight years of age. A few explain the origin of human life earlier, when desirable, but the especial indications for it at eight years are that the child's powers of observation lead to questions and that other children with whom he associates now freely give misinformation unless his interest has been answered truly, sufficiently and wisely at home. The alterations at puberty, from ten to fifteen years of age, together with the need of anticipating evil outside influences, usually determine for parents the period for further definite instruction. Who can doubt that if the majority of physicians and allied professions would adopt instructions along these lines, teaching in addition the greatness of self-control and dignity and beauty of a pure life, as well as the degradation and dangers of vice, twenty years hence would see a remarkable change in the health as well as in the composite character of the nation?

Could a nobler work be performed by us than to help in a crusade, not, as in the past, a silent one, against these diseases which are responsible for race suicide, in its true sense, through the inculcation of knowledge in the minds of parents and the laity, as a body, in reference to the necessity of instruction of the young man as to the risks he runs personally, should he acquire them, and as to the risks to which he subjects the woman he marries? Should we, through our moral influence along these lines, and the only possible lines, be enabled to exterminate the gonococcus, preventive medicine would make the greatest of all strides.

The real difficulty in disseminating information along these lines has been the inability to reach the great mass of the public to any effective extent. The public press and the periodicals which serve for the en-

lightenment of the masses, and which have rendered such signal service in the campaign against tuberculosis and other infectious diseases through the popularization of hygienic knowledge, are absolutely barred to the mention even of the diseases we wish to prevent.

Dr. Howard A. Kelly, of Baltimore, says: "The great practical questions to be answered are: What is the work that is to be done? Who is to do the work? And what is the best way to do it? The work to be done begins right in the home by parents meeting the responsibilities touching their own children. If you have no children, then you may devote yourself to the public welfare, the status of the thing in our schools, and in our colleges, and perhaps most of all our courts, co-operating with the teachers in the public schools and with the splendid modern playground associations. Look into the housing conditions and sanitary arrangements for the poor, and the wages paid to girls. The least promising work is the eradication of existing prostitution. All attacks made upon the prostitute herself have been dishonest and hypocritical in that they may reach but the one, and that the weaker sex. Let every one who enters upon this crusade at once dismiss all notion that there is any difference between male and female prostitution. Your moral hands will be absolutely tied if you discriminate between the two. Except in flagrant cases, let us have no part in raiding, fining and harrowing these poor women; if it is to be done at all, take the men and let the women go free. You must look into the conditions of the poor children and see that they, too, are receiving adequate instruction. You must see that these instructions are given in schools and colleges. Watch the courts, especially the juvenile ones. You must see that women brought to trial are duly shielded and that in houses of detention and in the prison they are not exposed to indignity or to insult, whatever their status in life. You must treat the prostitute with infinite pity and compassion, but with respect."

Women who are willing to put their minds and hearts in work for world betterment should inaugurate educational work in their city or town, in the workshops, factories, churches, schools, social settlements, women's clubs, and colleges, and influence women of their section to do likewise until this work becomes international in character. A few can do nothing; public opinion must be aroused until resentment against these preventable diseases is as keen as it is now against all other preventable diseases.

To sum up all this—it is the duty of citizens in relation to social vice to practise personal, and insist on public, morality; to urge the registration by departments of health of all cases of venereal diseases; to

supply to rich and poor alike competent medical treatment for their affection, however acquired; to advocate instruction in the physiology of sex and dangers of venereal diseases to all adolescents and adults; to discourage social recognition of all immoral men; to prevent the marriage of syphilitic and gonorrhœal subjects until the danger of infection has been averted by treatment; and, finally, to aid the legal authorities of the community to convict and punish criminal abortionists.

I hope that in these articles I may have brought out some facts and statements which will be the means of showing to nurses the necessity of their encouraging education regarding these topics, and I hope that they will stand with the medical profession in its effort to eradicate these diseases and to first give the parents the instructions which they are to impart to their children.

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## THE CAUSES AND SYMPTOMS OF HEADACHES

BY ANNE E. PERKINS, M.D.

*(Continued from page 29)*

AMONG frequently overlooked causes are diseases of the nose and accessory sinuses and the ears. The ordinary head cold or coryza often has a severe headache accompanying it, from swelling of the turbinates, and mucous membranes. Engorgement of the lymph-channels, serum in the sinuses, pus in the ethmoidal cells or frontal sinuses cause excruciating headaches. The closure of the eustachian tubes and interference with the ventilation of the middle ear, diseased tonsils, old catarrhal conditions of the middle pharynx and middle ear lead to severe and frequent headaches, as do enlargement and pressure of the middle turbinates. Irregularities of the septum and turbinates with pressure between middle and lateral walls of the nose, nasal spurs, etc., cause a feeling of tension, pain in the sinuses and general malaise, probably because the delicate Schneiderian membrane lining the nose is so easily engorged, and swelling prevents drainage and interchange of air through the very small openings communicating with the nose from the accessory sinuses. The nasal cavities are closely connected with the cranium, being near the brain and meninges, with the venous channels of the nose directly communicating with those of the cranium, and the great trigeminal or fifth cranial nerve is intimately related to the nose or accessory sinuses.

Adenoids produce a dull, heavy headache and an inability to concentrate, as seen in so many school children. Treatment and operation